

Mental Health America understands that racism undermines mental health. Therefore, we are committed to anti-racism in all that we do. This means that we pledge to work against individual racism, interpersonal racism, and institutional racism in all their forms.



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Mental Health And COVID-19

Information and Resources

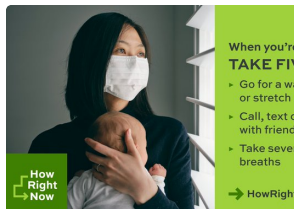
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Mental Health America

@MentalHealthAm

Feeling stressed? With so much going on, it's normal to feel so many depending on you—it's normal to feel stressed. Find resources, tips and inspiration [#HowRightNow](#) you can de-stress: [\[bit.ly/39H4LI9\]](#). [#HowRightNow](#)



@Mental Health America

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Dedicated to helping all people live mentally healthier lives [#B4Stage4](#).

In crisis? For 24/7 Support: Text MHA to 741741 Call 800-273-8255



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Resources


Topics A-Z ([/conditions/view-all](#))
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